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RCMP foil B.C. bomb plot

RCMP say they have stopped a domestic terror attack hatched by two Canadian citizens

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A shorter, curvier Barbie?

A researcher redesigns the doll based on more realistic proportions of a 19-year-old American woman

PAGE 6

IT AIN'T WHERE HE'S BEEN BUT WHERE HE'S ABOUT TO GO

THE MARKETING OF JAY-Z'S LATEST ALBUM IS CHANGING THE RULES OF THE MUSIC INDUSTRY

PAGE 7



Clockwise from top left: concerts featuring Carly Rae Jepsen, Tim McGraw, the Dixie Chicks and KISS have been cancelled — at least temporarily — after flood waters poured in and ruined much of Calgary's Scotiabank Saddledome last month. THE CANADIAN PRESS FILE/THE ASSOCIATED PRESS FILE

Cancellations at Saddledome

Flood fallout. Flames boss hopes to have facility partially open in time for NHL season



JEREMY NOLAÏS

jeremy.nolaïs@metronews.ca

Fans were quick to sing the blues Tuesday as the Calgary Stampede announced its four major concerts at the Scotiabank Saddledome had been cancelled for the time being.

No makeup dates have been announced for the shows featuring Carly Rae Jepsen, Tim McGraw, the Dixie

Chicks and legendary rockers KISS, but more information will be announced after this year's edition of the Greatest Outdoor Show on Earth, said Stampede chief executive Vern Kimball.

A fifth show featuring Bruno Mars July 17 is also being delayed as severe flood damage has forced crews to gut much of the Saddledome.

"The current status (of the dome) is basically what I imagine it looked like in 1982 when they were partially done construction," Ken King, Saddledome owner and Calgary Flames president, told reporters. "It's down to the cinder-block concrete in all areas ... the seats have been removed

and it's bare-bones."

There is no possible way to serve food or beverages inside the Saddledome presently and sanitation and safety issues remain, King said. But he added that he's not giving up on reopening the facility — at least partially — in time for the start of the Flames 2013-14 National Hockey League regular season.

"I couldn't hazard a guess," King said when asked when the dome would reopen. "Each day we discover something new."

Kimball said Ticketmaster would be getting in touch with all disappointed concertgoers via email no later than Wednesday.

LRT track repaired, transit service 'back to normal' today

Calgary's heavily damaged south LRT line has been repaired and will resume regular service first thing Wednesday morning, according to city officials.

"It'll be a regular commuting day, just as if the flood never happened," transit director Doug Morgan said.

Bus service will also "go

back to normal," he added.

Morgan said crews worked around the clock to rip out a section of bent track above a washout, rebuild the ground beneath it,

replace the track, and clean out tunnels affected by the flood.

The total cost of the repair is still being tabulated, but Morgan said it will be "sev-

eral million dollars" at least. Pre-existing transit projects, such as the reconstruction of Chinook station, were not affected and remain on schedule, he added.

"It's amazing that we've been able to get that back up into service in such a short period of time," Mayor Naheed Nenshi said.

ROBSON FLETCHER/METRO



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Damage recovery. Cards are not only source of gov't help

Jim Malkovich said he's been on a rollercoaster ride of emotions for the past two weeks.

He was pleasantly surprised to experience decent wait times and compassionate service from Government of Alberta staff Tuesday at Mount Royal University. Malkovich was one of many Calgarians eligible to receive disaster recovery funds from the province after learning his insurance policy wasn't going to cover his family's flood damage.

The provincial disaster recovery funding, up to \$10,000 in initial dollars, is separate from the preloaded debit cards being offered to evacuees.

"It added an extra blow to my family learning insurance wasn't going to pay. This money will help us out, but there's a lot that won't ever be able to be replaced still. No one can change that," Malkovich said.

People waiting at the McMahon stadium location for the funding said they were generally pleased with the province's efforts.

"I was expecting a lot more hassle and complications," Susanne Wong said with a laugh.

Wong, her husband and their two kids, have been staying with her in-laws since being evacuated from their Elbow Park home.

"We still have a house; sure it needs a lot of work but we're counting our blessings," Wong said.

Details on criteria for the funding as well as locations and hours can be found at alberta.ca/drpcalgary.cfm or by phone at 403-310-4455.

ALLISON PARDER/FOR METRO

High River. Waivers anger residents as they return to flooded homes

Some Albertans are angry at having to sign safety waivers before being allowed to return to their flooded homes — after being kept out for more than a week over the same concerns.

"My question is, if we had to sign a waiver, why weren't we allowed to sign a waiver 10 days ago to get in here and try to save our homes and property?" Floyd Langenhoff of High River asked Tuesday.

Evacuees began returning on Saturday, but before they were given their authorized passes, they were presented with a waiver drawn up by the municipality.

High River's northwest and southwest sectors, including its business corridor, have been opened. The central section is expected to open up Wednesday. Volunteers are also now allowed to assist with general clean up.

THE CANADIAN PRESS

Crime. Police seeking suspects following fatal weekend shooting

Calgary police have identified the man killed in a weekend shooting and say a second man remains in critical condition.

Deceased is Liban Hussein, 24, of Fort McMurray, whom police say had driven to Calgary hours before the shooting and was planning to fly to Ontario.

Hussein and the other shooting victim drove to the 800 block of 8 Ave. S.W. early Saturday morning, got out of

the car, and ended up in a dispute with at least one other person, said Staff Sgt. Doug Andrus.

"During that dispute a handgun was produced and shots were fired," Andrus said.

Police are reviewing CCTV video from the scene, Andrus added.

Witnesses are asked to call police or Crime Stoppers at 1-800-222-8477.

ROBSON FLETCHER/METRO

Damage to city-owned assets possibly \$256.6M

More to come. City still waiting to assess damage to assets that remain inaccessible due to high water



ROBSON FLETCHER
robson.fletcher@metronews.ca

Flood damage to streets, transit infrastructure, city-owned buildings and other assets will likely cost between \$125 million and \$500 million to repair, according to the first estimate so far.

An initial tally of \$256.6 million was presented to members of city council Tuesday morning, with the caveat that the actual cost could come in at as little as half that or as much as twice that.

That number only includes capital costs related to city assets, not operational costs such as overtime for police, firefighters and other staff.

"And remember that's

Damage estimate details

- \$33.9 million to roads, transit and parking infrastructure
- \$31.3 million to the police administration building
- \$27.4 million to old city hall, the municipal building, and other administration buildings
- \$10 million to the central library
- \$3.3 million for the total write-off of 50 police patrol vehicles
- \$1.3 million for city fleet vehicles, not including police, fire or transit



Floodwaters lap up against the side of the Calgary Municipal Building on June 21. Damage to the building is described as severe. ROBSON FLETCHER/METRO

just city infrastructure," Mayor Naheed Nenshi said, adding that private losses across Calgary will almost certainly be in the billions.

The city's own tally isn't even complete yet, according to the report, as there is fur-

ther damage to assess once the Bow and Elbow rivers recede to normal levels.

The Bow River's peak flow during the June flood was three times that of the 2005 flood, said Calgary Emergency Management Agency

director Bruce Burrell.

Included in the cost estimate is \$50 million in damages to the zoo, which also anticipates another \$10 million in lost revenue. It won't re-open until July 31, zoo officials said Tuesday.



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NSA scandal. Venezuela may step up to give the 'brave' Snowden asylum

NSA leaker Edward Snowden's best chance of finding refuge may hinge on the president of Venezuela, who was in Moscow on Tuesday meeting with Russian President Vladimir Putin.

With a string of countries appearing to offer Snowden little hope, President Nicolas Maduro of Venezuela told Russian reporters on Tuesday that his country has not received an application for asylum and dodged the question of whether he would take Snowden with him when he left.

But Maduro also defended the former National Security Agency systems analyst who released sensitive documents on U.S. intelligence-gathering operations.

"Who must protect Snowden? This is the question. This young man of 29 was brave enough to say that we need to protect the world from the American imperial elite, so who should protect him?" Maduro asked journalists Tuesday evening. "All of mankind, people all over the world must protect him."

Another option for Snowden may be Bolivia, whose president also met with Putin during a summit of major gas exporters. President Evo Morales said in an interview with Russia Today television that Bolivia would be willing to con-



Venezuelan President Nicolas Maduro THE ASSOCIATED PRESS

On Snowden

"What he did was tell a great truth in an effort to prevent wars. He deserves protection under international and humanitarian law."

Venezuelan President Nicolas Maduro

sider granting asylum.

The Russian government says that Snowden, who has been on the run since releasing the sensitive NSA documents, has remained in the transit zone of Moscow's Sheremetyevo Airport since his arrival from Hong Kong on June 23. THE ASSOCIATED PRESS

Notice of Hearing for Permanent Guardianship Order To James Alexander McLaren

Take notice that on the 25th day of July, 2013 at 3:15 p.m., at Calgary Family Court, Courtroom #821, 601 – 5th Street SW, Calgary, Alberta, a JDR will take place.

Take notice that on the 26th day of July, 2013 at 9:30 a.m., at Calgary Family Court, Courtroom #1205, 601 – 5th Street SW, Calgary, Alberta, a hearing will take place.

A Director, under the Child, Youth and Family Enhancement Act will make an application for: **Permanent Guardianship Order** of your child born on **March 13, 1998**. If you wish to speak to this matter in court, you **MUST** appear in court on this date. You do have the right to be represented by a lawyer. If you do not attend in person or by a lawyer, an Order may be made in your absence and the Judge may make a different Order than the one being applied for by the Director. You will be bound by any Order the Judge makes.

You do have the right to appeal the Order within 30 days from the date the Order is made.

Contact: Diane Charlebois; Jackie Ellice; Daniella Eggink
Calgary and Area Child and Family Services Authority
Phone: (403) 297-2978



An RCMP photograph of pressure cookers they say two people intended to use as explosive devices. DARRYL DYCK/THE CANADIAN PRESS

Canada Day bomb plot foiled: RCMP

'Self-radicalized' Man and woman arrested, accused of planning to blow up B.C. legislature

Allegations

"They took steps to educate themselves and produce explosive devices.... They discussed a wide variety of targets and techniques."

Assistant Commissioner Wayne Rideout of the RCMP

RCMP say they have foiled a domestic terror attack hatched by two Canadian citizens, driven by an "al-Qaida ideology," to blow up the B.C. legislature during Canada Day celebrations.

The force was informed of the alleged plot in February by the Canadian Security Intelligence Service, and a five-month investigation culminated in

two arrests in Abbotsford, B.C., on Monday, RCMP announced Tuesday.

"This self-radicalized behaviour was intended to cause maximum impact," Assistant Commissioner Wayne Rideout said at a news conference in Surrey, B.C.

John Stuart Nuttall, 38, and

Amanda Marie Korody, born in 1983, appeared in court Tuesday morning and were charged with three counts each: knowingly facilitating a terrorist activity, making or possessing an explosive device and conspiracy to place an explosive device with the intent to cause death or injury.

RCMP released photos of what they said were the home-made bombs contained in pressure cookers, which police say are similar to the pair of bombs that killed three people and injured more than 260 during the Boston Marathon two months ago.

The RCMP said investigators ensured the alleged bombs were harmless.

A story about Nuttall in the Victoria Times-Colonist in 2003 said drug addiction fuelled a criminal record including convictions for robbery, kidnapping and aggravated assault.

THE CANADIAN PRESS



Supporters of Mohammed Morsi in training. AMR NABIL/THE ASSOCIATED PRESS

Canada closes Cairo embassy

Canada has shut down its embassy in Cairo as civil unrest continues to rock Egypt.

"As a security precaution and to ensure the protection of all staff, we have closed our embassy in Cairo until further notice," Rick Roth, a spokesman for Foreign Affairs Minister John Baird, said in an email.

Cairo has seen throngs of protesters in recent days

demanding the ouster of President Mohammed Morsi.

The country's military is demanding that Morsi meet the demands of the mass protest and on Monday gave him 48 hours to take action.

"Canada is deeply concerned by reports of violence in Egypt that has claimed a number of lives and left many more persons injured," Roth

wrote.

At least 23 people were killed in Cairo on Tuesday and more than 200 were injured, according to hospital and security officials.

The embassy is urging visitors to Egypt to exercise a high degree of caution due to what it calls the unpredictable security situation.

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Euro loses its lustre as reserve currency

2012 report. European debt crisis had central banks turning elsewhere

International use of the euro slipped last year because of the debt crisis in Europe, but the U.S. dollar held its own as the world's leading currency for reserves held by central banks.

Currencies not traditionally used as reserves, such as the Canadian and Australian dollars, gained in favour as those countries enjoyed steady growth and lower debt than major economies.

The European Central Bank (ECB) said Tuesday that the euro's share among the currency reserves held globally by central banks fell to 23.9 per cent in 2012 from 25.1 per cent the previous year. The dollar's



A one-euro coin sits atop a one-dollar US bill. Is George Washington looking a bit smug about the dollar holding its own as a reserve currency as the euro's status slipped? THE ASSOCIATED PRESS FILE

share was little changed at 61.9 per cent.

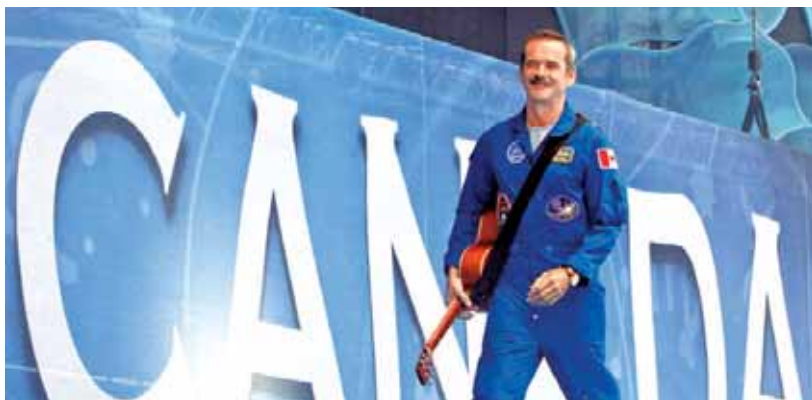
The ECB said the financial crisis afflicting the 17-country eurozone was a factor discouraging use of the euro for reserves, which are often held in the form of government bonds.

The eurozone countries have struggled with heavy levels of public debt — Greece, Portugal, Ireland and Cyprus

Why hold reserves?

- Countries hold reserves of foreign currency so they can influence their own currencies' exchange rates in case they rise or fall too rapidly. They can do this by buying or selling currencies on foreign exchange markets.
- The country issuing the reserve currency can benefit because demand from abroad supports its exchange rate and can mean lower borrowing costs for the government.

have needed financial rescue and even large economies like Spain and Italy have worryingly high debt. **THE ASSOCIATED PRESS**



Planet Earth is blue, and there's nothing left to do?

Major Tom might have been angst-ridden at the thought of returning to a dull life on terra firma, but Canadian astronaut Chris Hadfield is clearly finding plenty to do now he's done floating in his tin can. Here, Hadfield leaves the stage after singing at the Canada Day celebrations in Ottawa on Monday. On Tuesday, it was announced that Hadfield is entering a new kind of frontier — the literary world. The first Canadian to walk in space will release *An Astronaut's Guide to Life on Earth* in the fall. The book will be published by Random House Canada and will offer stories, lessons and experiences from Hadfield's time in space. Hadfield retired in May after serving as commander of the International Space Station. **FRED CHARTRAND/THE CANADIAN PRESS**

Failure to launch

Russia's GPS rival crashes and burns in rocket disaster

A Russian booster rocket carrying three navigation satellites burst into flames and crashed on live TV moments after its launch Tuesday, dealing another painful blow to the nation's space prestige. The failure follows

a long string of launch mishaps that could tarnish Russia's reputation and eventually cost it a share in the lucrative satellite launch market. It also hurt one of the Kremlin's pet projects, the GLONASS satellite navigation system intended to serve as a Russian equivalent of the U.S. GPS system.

The booster suffered an emergency shutdown of its engines 17 seconds into the flight. **THE ASSOCIATED PRESS**

Market Minute

	DOLLAR 94.80¢ (-0.28¢)
	TSX 12,178.38 (+49.27)
	OIL \$99.60 US (+\$1.61)
	GOLD \$1,243.40 US (-\$12.30)
	Natural gas: \$3.66 US (+8¢)
	Dow Jones: 14,932.41 (-42.55)

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HOW DID YOU NOT KNOW, JLO?

There are times when it's a good idea to look a gift horse in the mouth.

Such as over the weekend, when Jennifer Lopez was paid \$1.5 million by the China National Petroleum Corp. for a one-night gig in Absurdistan, which included singing Happy Birthday to Gurbanguly Berdimuhamedow, the nation's beloved leader.

(Sorry, my mistake. Turkmenistan, not Absurdistan. I keep getting my 'stans' mixed up.)

If JLo or any of her people had spent five minutes on Google, they would have stayed home on the block, \$1.5 million or no \$1.5 million.

Perhaps distracted by all that jack, they all failed to notice that Turkmenistan is right down there on the human rights s-t list, along with several other 'stans' cut loose in the fall of the Soviet Union. Mikhail Gorbachev has a lot to answer for.

"What's the next stop on her tour, Syria?" snorted the director of the Human Rights Foundation, citing evidence that Turk-



JUST SAVIN'
Paul Sullivan
metronews.ca

menistan is among the most oppressive nations on Earth.

Or maybe she spent most of her pre-show prep trying to figure out how to sing "Happy birthday, dear Gurbanguly" before channeling Marilyn Monroe and going with "Happy birthday Mr. President."

Whatever. She and her people completely missed the fact that Turketc. is among the world's 10 most censored regimes, according to Reporters Without Borders, and stands accused of a host of ethnic and political crimes including torture and murder.

Even worse, Berdimuhamedow is a real improvement over his predecessor Saparmurat Niyazov, who, according to the U.K.'s Guardian

newspaper, built a giant gold statue of himself that rotates so his visage is always facing the sun, and changed the names of the months — one in honour of his mother, and the other the title of his book. Oh, and he built an ice palace in the desert.

See how easy it is to confuse this place with Absurdistan? But no problem for JLo, who bounced onto the stage, with the usual enthusiastic shout-out: "Turkmenistan!" As if it was Winnipeg or Edmonton. Wherever the private jet stops and the door opens.

So JLo, who, believe or not, "works" with Amnesty International, joins the Geopolitically Challenged Celebrity Hall of Fame, which already includes Beyoncé, Mariah Carey, 50 Cent, Usher and Hilary Swank.

Once they found out that they were playing footsies with the real-life equivalent of Jabba the Hutt, Beyoncé, Hilary et al., fell all over themselves to give the dirty money back. So far, JLo remains attached to the filthy lucre, probably waiting for the media to determine the extent of the transgression, which appears to fall somewhere between Alec Baldwin and the Q-word and Paula Deen and the N-word.

Meanwhile, boys and girls, the next time you're tempted to fall asleep in social studies, snap out of it. Pay attention in class and you could avoid ending up in your own private Absurdistan. Don't end up like JLo and get stuck with the 'Duh' word.

ZOOM

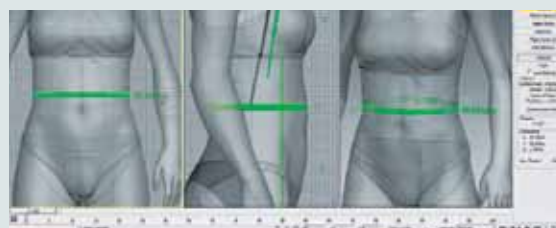


NICKOLAY LAMM/MYDEALS.COM/REX FEATURES

Two dolls, one reality

Doll size based on average 19-year-old

What would Barbie look like if she were based on the figure of the average American woman? Remarkably different from the iconic doll. Artist and researcher Nickolay Lamm used the measurements of an average 19-year-old woman to create a 3D model, pictured to the right of Barbie. **METRO**



Lamm used measurements of an average 19-year-old girl based on data presented by the Centers for Disease Control and Prevention, the U.S. national public health institute. **NICKOLAY LAMM/MYDEALS.COM**

Influential image

"If we criticize skinny models, we should at least be open to the possibility that Barbie may negatively influence young girls, as well."

Nickolay Lamm
Artist and researcher

Barbie vs. American girl

Waist 46 cm	Waist 79 cm
----------------	----------------

Hips 84 cm	Hips 84 cm
---------------	---------------

Bust 91 cm	Bust 81 cm
---------------	---------------

Busting Barbie's status quo

Citing scientific reports that say thin dolls affect body image, Lamm said: "If there's even a small chance of Barbie in its present form negatively influencing girls and if Barbie looks good as an average sized woman, what's stopping Mattel from making one?" **METRO**

Clickbait



ANDREW FIFIELD
andrew.fifield@metronews.ca

The circumstances that led to 19 elite Hotshot firefighters being overwhelmed by a fire in Arizona has been described as a "perfect storm" by an expert who knows their work well. Try these sources to learn more about what's required to do a very dangerous job.

Outside Magazine:

In the Line of Wildfire: Former Hotshot Kyle Dickman returned to his old stomping grounds in 2012 and emerged with an engrossing long read on the training, tools and "this is all I ever want to do" mentality required to do the job. (bit.ly/15Y4ZTF)

National Geographic:

Taking Pictures Inside an Inferno: Photojournalist and certified wildland firefighter Mark Thiessen has carved

THE ASSOCIATED PRESS



out a niche on the forest fire beat. Here, he explains the hazards and obstacles of shooting inside a blaze and links to some of his work. (bit.ly/1965BuE)

Cronkite New Online:

Preparing for the Worst: In an article dated June 30, Connor Radnovich spends time with the Granite Mountain crew as they practice a worst-case scenario drill. Many of the men quoted have sadly been confirmed to be among the dead. (bit.ly/1900Rp0)

Letters

I think one must be absolutely cynical or completely daft to take partnerships developed in the Global South for the sake of alleviating poverty and hand them over to Canadian large corporations and mining companies which will end up exploiting their resources. Yet it is again the approach taken by the Harper government by recently amalgamating CIDA under the Department of Foreign Affairs, Trade and Development.

The Harper government is diverting Canadian development assistance for the poor to companies whose interests are opposite — in

principle and practice — at the expense of the well-being of these poor people.

Mr. Harper knows the role played by multinationals in the impoverishment of several Third World countries. He is thus making another dangerous right turn in favour of the very rich, whose first victims, in the truest sense, will be the poorest of the world.

I hope pressures from the public, opposition parties and from members of their own party will force Harper Conservatives to change their mind towards CIDA and to adopt a much more human approach towards the poorest.

Bruno Marquis, Gatineau, Que.

WE WANT TO HEAR FROM YOU: Send us your comments: calgaryletters@metronews.ca

Action



The Lone Ranger

Director. Gregor "Gore" Verbinski

Stars. Johnny Depp

• • • • •

The first ever Lone Ranger (Armie Hammer) story to be told from the perspective of sidekick Tonto (Johnny Depp), this Gore Verbinski directed film is a welcome twist on the legend of the masked crime fighter. Set against a backdrop of corruption, this is state of the art Western, with plenty of action, some laughs and even a horse that drinks beer.

RICHARD CROUSE

Celebrity news

Chavril tie the knot on Canada Day

Singers Avril Lavigne and Chad Kroeger tied the knot on Canada Day in a ceremony in the south of France, according to Hello magazine. Lavigne, 28, and Kroeger, 38, exchanged vows in front of about 50 guests at Chateau La Napoule in Mandelieu, France (near Cannes).

METRO



Jigga what? Jigga who? Jay-Z flipping the script

Music business.

The latest offering from Shawn Carter represents an overall change in the way music intends to do its future business

PAT HEALY

Metro World News

When Jay-Z put out The Blueprint 3 in September 2009, most of his fans had known about its arrival for the better part of a year. And in the months leading up to the release, the rapper would gradually share the title, track list, artwork and names of guest appearances to slowly and steadily amp up expectations for the album's eventual release.

Four years later and Jay-Z is using a totally different blueprint.

Earlier this month, during the fifth game of the NBA Finals, he appeared in a commercial promoting Magna Carta Holy Grail, a brand new album that fans were hearing about for the first time, scheduled for release on the Fourth of July, less than a month after the announcement.

"The Internet is like the wild west," he says at one point during the three-minute spot. "We need to write the new rules."

It's part of an overall emerging trend.

"To be able to announce, 'This is now,' I see it as part of



Jay-Z wants to change the way you get your music. GETTY IMAGES

music marketing today that is on crack cocaine," says music industry veteran and author of the upcoming book, The Artist's Guide to Success in the Music Business, Loren Weisman. "Because if you're telling me it's coming in six months, I don't want to hear it."

Mike King, a former product manager at Rykodisc, who teaches music marketing courses at Berklee College of Music, says the sneak attack approach is not just due to the instant gratification of the Internet. It's also the per-

sonal nature of social media.

"If you look at the things that labels used to use to market music, like commercial radio and MTV, all of these places that labels used to spend their way into don't exist, but what does exist are these communities of hardcore fans," he says. "If you sneak it out to those people, they will be your absolute best ambassadors."

Steve Knopper, a contributing editor for Rolling Stone, and the author of Appetite for Self-Destruction: The Spectacular Crash of the

Not the only

Jay-Z is just one of a growing number of major artists this year writing new rules.

- **Industry trend.** In January, David Bowie broke a decade of musical silence with a cryptic video that appeared on YouTube on midnight of his 66th birthday. Then in March, he released The Next Day, a full-length album that reportedly not even all of the top brass at his publicity company knew about until just days before its arrival.

Record Industry in the Digital Age, says perhaps the music business has almost come to a place of acceptance with today's consumer culture.

"In the record industry this wasn't really possible before," he says. "Ten or 15 years ago it wasn't possible at all technology-wise, because they couldn't rush out an album that quickly. And then, up until the last few years, nobody wanted to do it even if they could because they were so scared of the Internet."

In the commercial for Magna Carta Holy Grail, Jay-Z shares his marketing strategy, and it doesn't sound much more complicated than the last clause that Knopper outlined.

"The idea is to really finish the album and drop it," he says, "giving it to the world at one time and letting them share it."

Notice of Hearing for Permanent Guardianship Order To Travis Lesley

Take notice that on the 25th day of July, 2013 at 3:15 p.m., at Calgary Family Court, Courtroom #821, 601 – 5th Street SW, Calgary, Alberta, a JDR will take place.

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A Director, under the Child, Youth and Family Enhancement Act will make an application for: **Permanent Guardianship Order** of your child born on **March 13, 1998**. If you wish to speak to this matter in court, you **MUST** appear in court on this date. You do have the right to be represented by a lawyer. If you do not attend in person or by a lawyer, an Order may be made in your absence and the Judge may make a different Order than the one being applied for by the Director. You will be bound by any Order the Judge makes.

You do have the right to appeal the Order within 30 days from the date the Order is made.

Contact: Diane Charlebois; Jackie Elice; Daniella Eggink
Calgary and Area Child and Family Services Authority
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The Word

Drake skips BET awards over feud with Chris Brown

MELINDA TAUB

Metro World News in NYC

Drake was a no-show at this Sunday's BET Awards, despite being nominated for a whopping 12 trophies. What could induce someone to skip a party where people were going to say nice things about him all night?

He had a previous engagement on the high road.

Drake and Chris Brown can't stand each other, and according to Hollywood Life, Drake skipped the event to keep their feud from flaring up again. "The reason Drake isn't (at the BET Awards) is 100 per cent all about Chris Brown," a source said.

Good for Drake for trying to be the mature one. This is one feud where it's hard to root for them to make peace, though. Who would want to be on good terms with Chris Brown?



Despite his looks, talent, sex appeal, tons of cash and being known via just one name — a la Cher — Drake (Aubrey Drake Graham) isn't giving it up for just any old hussy who comes along.

"You know the way fighters don't f— before the fight? Sometimes I feel like I'm so focused on training my body and getting my mind right to create this album that sex isn't one of my main priorities," the rapper tells GQ in the July issue about his forthcoming album Nothing Was The Same. "If someone is around that I know and trust, I'm down. But I'm not going to end up with some stranger at this party."

METRO DISH

OUR TAKE ON THE WORLD OF CELEBRITIES

Kim's going stir crazy hiding from paparazzi

Poor, poor Kim Kardashian. The new mom to North West (that'll never get old) can't even leave the house to get her butt waxed because the paps will be all over her every move in the weeks following her baby's arrival.

"Kim really loves being a mom and she can't get enough of baby North, but being in the house all the time is making her stir-crazy," a source tells RadarOnline.com. "She says she feels isolated and wants to get out of the house but she can't because she doesn't want her picture taken by the paparazzi."

We feel slightly bad for Kim — every time she steps outside she has to watch her back. Still, what is the big deal about being seen shortly after giving birth? Any new mom



Kim Kardashian GETTY IMAGES

will tell you that sweatpants and yesterday's shirt (with spit-up on it) are perfectly acceptable attire, Kim.

Ruben Studdard joins The Biggest Loser

Almost a decade ago, Ruben Studdard sang to us that he was "sorry for 2004," and now it looks like he's also feeling a little sorry for packing on the pounds. Indeed, the second American Idol champ is set to join the weight-loss juggernaut this fall, People reports. Studdard says his previous attempts at curtailling his obesity — he rang in at 455 pounds in 2006 — haven't gotten him very far before and that he's looking to get

healthy so he lowers his risk for high blood pressure, diabetes and heart problems. We could easily make a fat joke about this, but we love Ruben. God-speed, good sir! But please, if you can, try not to go the Jonah Hill route — we all know how that turned out. A little chunkiness is OK by us. As long as he still keeps on enough chunk fto keep referring to him as "the velvet teddy bear," we're good.

Twitter



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What does one wear to a @Beyonce concert? A Freakum dress? Fendi shoes? VVS stones? Her songs are TOO instructional! Help



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Doing Disney World is no Mickey Mouse undertaking

Live and learn.

Metro's Elisha Dacey sums up what she learned about taking your family to one of the world's most famous theme parks

ELISHA DACEY

elisha.dacey@metronews.ca

Trying to sum up Walt Disney World in one short article is impossible.

There are books, websites and industries around how to get through Disney World without throwing up, kiddo meltdowns, waiting in two-hour lines, third-degree sunburns or your feet turning into one giant blister.

So when my family and I got the chance to visit Disney World as part of Cityline's recent CityInDisney contest, I threw myself into the research. Then I ignored most of it.

Here's what did work for us:

It's not all sunshine in Orlando

In fact, it rains nearly every day at some point then gets blisteringly hot again. Go to the dollar store and bring ponchos. I ignored this advice and ended up paying \$21 for plastic Disney ponchos.

Bring Band-Aids

You'll need them for the blisters you develop when you wear those cute-but-ridiculous shoes that no one notices on the first day.

Bring out your running shoes

And don't wear any other kind of shoes. Good thick



Ensure your visit to the Magic Kingdom doesn't lose its magic with some forward thinking. KENT PHILLIPS/DISNEY

socks that wick away sweat also help.

The best investment we made:

Reusable water bottles with filters. There are water fountains throughout the park, but they can be hard to find. And if you're picky about how water tastes, this is better than drinking (very expensive) bottled water.

The food isn't that expensive

I saw a lot of complaints about how expensive the food is on various websites, but that's because Americans are used to cheaper food prices. The food prices were on par for what you'd pay at Canadian restaurants.

However, the food is hit-and-miss

Some of the restaurants were great. Some were awful. Use websites like UrbanSpoon and TripAdvisor to do some research.

Use the hotel concierge's services

I had trouble making reservations at sit-down restaurants myself, due to Disney's finicky website. But my hotel concierge didn't. Use their services (it's free) to make reservations at the parks.

Nap

Go when the parks open, leave around 11 or 11:30 a.m., eat lunch then head back to the hotel for a two-hour nap. For everyone. This avoids the worst heat of the day and kid meltdowns.

Take a break

We spent eight days at Disney and seven days in the parks. That one day off we spent at the resort in the pool. Taking a break relaxed everyone.

Hug every character, even if you're not a hugger

You'll feel better.

ELISHA DACEY IS THE EDITOR OF METRO WINNIPEG. FOLLOW HER ON TWITTER @ELISHADACEY.



Give lots of hugs. DISNEY

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On a delicious veggie-eating roll



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Phyllo is a wonderful way to wrap a vegetable and cheese dish like this.

Traditionally, you would use puff pastry, which is loaded with saturated fat and excess calories. Phyllo is a much healthier alternative and is available in the refrigerated section of your supermarket.

Working with phyllo is quite easy. Just remember to cover up those sheets you're not using at the time.

1. Preheat oven to 375 F and spray baking sheet with vegetable spray. In saucepan of boiling water or in microwave, cook asparagus for 3 minutes or until tender; drain and set aside.

2. In nonstick skillet over medium heat, add oil and cook garlic and red peppers for 5 minutes or until tender; add green onions and cook for 1

Ingredients

- 6 oz asparagus spears, trimmed
- 1 tsp oil
- 1 1/2 tsp minced garlic
- 1 1/2 cups chopped red peppers
- 1/4 cup chopped green onions
- 1/3 cup creamy ricotta cheese
- 3 oz goat cheese, crumbled
- 2 tbsp grated Parmesan cheese
- 1 egg
- 1/4 tsp coarsely grated pepper
- 5 sheets phyllo pastry
- 2 tsp margarine or butter, melted

minute more. Remove from heat.

3. In bowl, combine cheeses, egg and pepper, until smooth.

4. Keeping remaining phyllo covered with a cloth to prevent drying out, layer two sheets of phyllo one on top of the other;

Asparagus, Red Pepper and Goat Cheese Phyllo Roll



This recipe serves eight. MARK SHAPIRO, ROSE REISMAN'S ENLIGHTENED HOME COOKING (ROBERT ROSE)

brush with melted margarine.

5. Layer two more sheets of phyllo on top; brush with melted margarine. Put last phyllo sheet on top.

6. Spread cheese mixture over-

top. Add sweet pepper mixture, and place the asparagus spears on top.

7. Starting from the long edge where the filling is, roll the phyllo and filling, jelly roll fashion. Tuck the ends under

and place on prepared baking sheet. Brush with remaining melted margarine and bake for 20 to 25 minutes, or until golden brown. Cut into slices and serve. **ROSE REISMAN'S ENLIGHTENED HOME COOKING (ROBERT ROSE) BY ROSE REISMAN**

Drink of the Week

Hennessy Ginger Mojito

Simple changes add a gentle spice to this famous summer refresher.

- 1 sprig of fresh mint
- 1.5 oz Hennessy V.S.
- .5 oz lime juice
- .25 oz simple syrup
- Top with ginger ale
- Garnish with mint sprig

Place one mint sprig in the bottom of a shaker tin and press to bruise with a muddler. Add all liquid except ginger ale to the shaker with

ice and shake

until chilled.

Strain into

a Collins

glass

with

fresh ice,

top with

ginger

ale and

garnish

with a

mint

sprig.

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Elevate nature's lamest veg with pesto

NICOLE
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When I first tried roasted cauliflower, I was amazed at the flavour erupting from such a humble veggie. Then one day, I found myself with some leftover basil. So, I made pesto, added it to the roasted cauliflower, and suddenly, skyrockets in flight!

1. Preheat oven to 425 F. In a large bowl, toss cauliflower florets with the 1 tablespoon of olive oil.

2. Spread florets evenly on a rimmed baking sheet and sprinkle with salt and pepper. Roast in oven for 20 minutes.

3. Meanwhile, make the pesto: In a food processor,



blend together basil, pine nuts, Parmesan, 2 teaspoons olive oil, and garlic.

4. Remove cauliflower from

oven; toss with pesto, serve immediately.

YUMMYMUMMYCLUB.CA IS AN ONLINE RESOURCE TO HELP WOMEN SURVIVE MOTHERHOOD.

Ingredients

- 1 head cauliflower, broken into florets (approximately 4 cups)
- 1 tbsp olive oil
- Sea salt and cracked black pepper to taste
- 1/2 cup fresh basil
- 1 tbsp pine nuts
- 1 tbsp shredded Parmesan cheese
- 2 tsp olive oil
- 1 clove garlic

When business meets bon voyage

Work on the fly. You've just settled into your new job and now you're leaving on a jet plane? What to prepare.

MEGHAN GREAVES

TalentEgg.ca

Starting your first "real job" as a new grad comes with a ton of amazing opportunities and new experiences. One of which may be having the chance to do some business travel.

As a new grad, it's likely that you haven't experienced travelling for business as of yet and you may have some concerns or questions about successfully completing your first business trip.

Kristie Schmuck graduated from Conestoga College last year with an advanced diploma in business administration-marketing. She had a career waiting for her with a tech company in Waterloo, Ont., immediately after graduation and, shortly after starting in

Tips for trips

What is your top advice for new grads who are sent out on their first business trip?

- Be confident. The most important thing is confidence when you're travelling. It's perfectly natural to be nervous and apprehensive but you have to remember that the person who has sent you on this trip trusts that you can do the job you've been sent there to do.
- Once you acknowledge that, then you can start to have fun with it.

her role, she was shining bright enough for her boss to give her the responsibility of heading down to Cleveland, Ohio for a month.

Kristie shared how, as a new grad, she successfully got through her first business trip,

and how it not only brought benefits to her company but her career as well.

Why were you expected to travel as a new grad?

We had just recently formed a partnership with a new client in Cleveland, Ohio. The president of my company had travelled down for two weeks to train their team to use our product and launch the program. Upon his return, there were still many questions and confusion on how to use our tool to its fullest potential. As an experienced community specialist, my leadership team looked to me to take initiative and train the Cleveland team.

What did you have to get in order/prepare to ensure that your business trip went smoothly?

The first step was to plan flights, accommodations and budgets with my boss. This part was fairly stressful because I was worried about the cost of all of it and the idea of "expensing".

As a new grad, I still had



Feeling a little isolated in your foreign workplace? Find ways to socialize with your new set of contacts whenever the opportunity presents itself.

ISTOCK

some school debt, a lower salary and a low credit limit. This was concerning to me because without a company card I was expected to "take care" of everything myself and fill out expense reports for reimbursement. Communicating this to my boss also worried me because I thought he might think

less of me. Fortunately he was very understanding and made appropriate arrangements so that the cost of the trip would not be an issue.

How were you successfully able to work well with a new and different team?

My role on this team, as a lead-

er, was communicated with them well before I arrived. They were told to respect me as management even though I'm young.

This was helpful in establishing my position, but the rest just took knowledge of common leadership and teamwork skills. I find these fundamental and essential skills are universal when it comes to the workplace.

When travelling, is it important to stay in contact with your manager or boss daily to keep them updated?

Every night I would Skype with my boss to debrief him of the day previous. This was very helpful because he gave me strategies to deal with any issues I might have and how to approach the coming day. It was also important to receive feedback from them about my performance while I was away.

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REQUIREMENTS OF THE POSITION:

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- Proficient on both Mac and PC platforms
- Ability to prep files for print production, including file stuffing (.sitx, .sit, .sea, .zip) and FTP experience
- Professional, personable, approachable with great communication skills (both verbal and written)
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Interested individuals who possess the skills described above are requested to submit their resume and cover letter via email to hr@metronews.ca no later than July 5, 2013. PLEASE QUOTE: "Graphic Designer - Calgary in the subject line. All submissions will be treated as confidential.

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On meeting your first meeting head-on

Sit but don't quit.

Between conference calls and PowerPoint presentations, you may just pick up a few brownie points

MEGHAN
GREAVES
TalentEgg.ca

One of the many new things you'll do when starting a new job is attend your very first meeting! Not a big deal right? Well sort of. In the grand scheme of things, it will more than likely not make or break your career. But it is something that you want to tackle properly.

Nobody enjoys sitting for hours on end, in a drab conference room, listening to person

after person drone on about something nobody cares about anyway. Luckily, the trend in recent years has been to shorten meetings to make them more efficient, creative and collaborative.

Meetings have become less time consuming, increasingly more team oriented and in general more enjoyable, so they're more productive than ever. Employers understand the import-



Put it in print. Unless a laptop has been approved for the meeting, take notes with a pen and paper. ISTOCK

• Have all of your materials prepared the day before to ensure you don't forget anything.

Be present

It's very important to show that you're not only physically present during the meeting, but mentally as well. You can do this by:

• Listening and taking notes as necessary. Try to keep all of your questions until the end when there will likely be a question period. Besides, your question might be answered along the way anyways.

• Showing that you're interested. This shouldn't be difficult, but sometimes when we're nervous we tend to zone out, which to your fellow coworkers can come across as you're not interested. Even simply nodding your head when someone makes a good point or smiling at a creative idea shows that you're invested and interested in the meeting.

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ance of facilitating an effective meeting not only for their employees, but the company as a whole.

So, how do you rock the socks off your first meeting, you might ask? Read on to learn how.

Prepare

This might seem obvious, but "prepare" doesn't mean showing up to the meeting ready to take pages of notes. Be ready to do that, but also think about getting enough sleep the night before to avoid being drowsy half way through, eating at the right time so your tummy doesn't start grumbling and be-

ing deeply aware of what the meeting will cover.

Here are a couple of other things to think about when preparing for your first meeting:

• Bring in a beverage with you to keep hydrated, such as coffee, tea, juice or water. This way if you get sleepy, hungry, or can't focus, you have something on hand to keep you attentive.

• Turn your cellphone off before the meetings starts.

• Be aware of your nervous habits and try to avoid doing them (i.e., tapping your pen on the table, tapping your feet, fidgeting, etc.)



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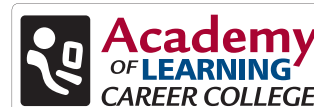


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NHL

Pens land 8-year deal with Letang

The Pittsburgh Penguins officially agreed to an eight-year contract extension with defenceman Kris Letang on Tuesday.

The \$58-million deal begins with the 2014-15 season and runs through 2021-22. **THE ASSOCIATED PRESS**



Kris Letang GETTY IMAGES

CFL

Riders release receiver Carr

The Saskatchewan Roughriders have parted ways with import wide receiver Greg Carr.

The six-foot-six, 214-pound wideout is in his fourth year in the league. He joined the Riders in a trade with the Eskimos last

September.

He was quiet in Saskatchewan's 39-18 win over the Eskimos in Week 1, with one reception for a five-yard gain.

He had 377 receiving yards and two touchdowns on 34 receptions in 14 games with Edmonton and Saskatchewan last season.

Carr's release could be paving the way for Geroy Simon's Roughriders debut.

THE CANADIAN PRESS

MLB



"Every dog has its day twice, I guess."

Reds starting pitcher Homer Bailey, who threw his second no-hitter

in 10 months and the first in the majors this season, leading the Cincinnati Reds to a 3-0 victory over the slumping San Francisco Giants on Tuesday night.

Potential agents of change far from free

NHL. With Lecavalier signing, Flyers make first stab at veteran crop as GMs weigh benefits under tight salary cap

Vincent Lecavalier, Danny Briere and Ilya Bryzgalov have injected some more intrigue into NHL free agency.

So much so that Lecavalier kicked off the annual signing period Tuesday, three days before it officially began, by signing a multiyear contract with the Philadelphia Flyers.

The deal reflects the impact the addition of several veterans, who had their contracts bought out, have made in boosting interest in a free-agent crop that lacked star power a year after Ryan Suter and Zach Parise created a buzz by hitting the market.

Lecavalier was able to shop around early because he was bought out.

"The depth isn't what it has been in past year, but there are some very good players available," Nashville Predators general manager David Poile said in a telephone interview on Tuesday.

"It's a different situation, though, with the lower cap so it'll be interesting to see what this crop of free agents gets both in terms of salary and years."

The NHL's salary cap will be \$64.3 million for the 2013-14 season, a total significantly less than the \$70.2 million in contracts teams could have on the books during the lockout-delayed season.

Lecavalier became unexpectedly available after the Tampa Bay Lightning bought out the contract of their 33-year-old captain last week. The Flyers did the same by cutting ties with Briere, a 35-year-old forward, and Bryzgalov, a 33-year-old goaltender.

"It's great to have players out there," Detroit Red Wings coach Mike Babcock said, "but you have to have money to spend."

With Lecavalier now off the market, Briere and Bryzgalov come into full focus. For now, though, their former team — Philadelphia — has secured the most marketable player out there.

The Dallas Stars were interested in Lecavalier, as well, but as general manager Jim Nill had indicated: "So



Vincent Lecavalier boosted the value of this year's free-agent crop, but after the former Lightning centre was scooped up, it's unclear how much teams will sacrifice to add one of the remaining veterans. **JARED WICKERHAM/GETTY IMAGES**

are probably 28 other teams. It'll come down to money and fit."

Briere's agent, Pat Brisson, said about 15 teams already contacted him to express

Veteran role players

The best of the rest

NHL free agency won't be limited to the trio of accomplished veterans who were bought out, and will include notable names such as forwards Nathan Horton, Mike Ribeiro, Jaromir Jagr, Teemu Selanne, Jarome Iginla, Patrik Elias, David Clarkson and Pascal Dupuis unless any of them signed with their old teams after press time Tuesday.

"It's rare to find a star in his prime in free agency ..." Red Wings GM Ken Holland said. "But there are some secondary players and some past-their-prime guys that are battling father time that can help you."

an interest and his client is looking forward to a fresh start with a Stanley Cup contender.

"He still has a lot in his tank," Brisson said.

THE ASSOCIATED PRESS



T.J. Galiardi of the San Jose Sharks takes a hit from L.A. Kings defenceman Drew Doughty during Game 5 of the teams' Western Conference semifinal series. **THE ASSOCIATED PRESS**

Flames swap 4th-rounder to Sharks winger Galiardi

The Calgary Flames acquired forward T.J. Galiardi from the San Jose Sharks on Tuesday in exchange for a fourth-round pick in the 2015 draft.

The Sharks announced the move Tuesday, the deadline for teams to make qualifying offers

to restricted free agents such as Galiardi. He spent the last two seasons with the Sharks, scoring six goals to go with nine assists in 50 regular-season games.

Galiardi became expendable after the Sharks acquired Tyler

Kennedy from Pittsburgh on Sunday. Galiardi was acquired from Colorado in February 2012 and played on San Jose's top line, scoring five goals and nine assists in 36 games with Brent Burns and Joe Thornton last season. **THE ASSOCIATED PRESS**

The 2014 Ford Fiesta



ALL PHOTOS WHEELBASEMEDIA.COM

Review. With three options to choose from let's get the party started

MALCOLM GUNN
wheelbasemedia.com

Well, your job just got a little tougher. It's not because the 2014 Ford Fiesta looks better, which it does, it's because this sub-compact sedan/hatchback now includes a thrifty turbo option as well as a hot hatchback with close to 200 horsepower. Decisions, decisions.

Since its 2011-model-year launch, the European-designed, Mexico-built Fiesta, along with its Focus counterpart, has given Ford ample small-car credibility in North America. The four-door sedan — a model created specifically for this continent — offers great looks, but the more youthful hatchback is the one that garners the most attention and is arguably the most practical in terms of passenger and stowage space.

From the nose on back, the Fiesta remains pretty much unchanged. As with most sub-compacts, the car is narrow at the waist and a tight fit for adult-size rear-seat riders. But the interior is also an exercise in good taste, with ergonomically friendly switches and controls and quality seat coverings and door panels, especially on up-level models. While the split rear seat doesn't fold flush with the floor, it's sufficiently flat to give you at least double the capacity compared to the sedan's quite spacious trunk,

2014 Ford Fiesta

- **Type.** Four-passenger-door, front-wheel-drive sub-compact sedan/hatchback
- **Engines (hp).** 1.6-litre DOHC I4 (120); 1.0-liter DOHC I3, turbocharged (123); 1.6-litre DOHC I4, turbocharged (197)
- **Base price (incl. destination)** \$15,700

even though the hatchback is 33 centimetres shorter.

The base 1.6-litre engine will be joined by an optional 1.0-litre (999 cubic-centimetres, to be precise) three-cylinder powerplant later in the model year. But don't let the diminutive size fool you. This engine is a member of Ford's turbocharged EcoBoost lineup, which has become well-known for extracting maximum power and fuel economy from minimal displacement. In the Fiesta's case, the tiny 1.0 puts out 123 horsepower and, more importantly, 148 pound-feet of torque.

At this point Ford is being coy concerning the littlest turbo's fuel numbers, other than to state that its highway rating will best the base 1.6's 4.9 l/100 km figure. At the opposite end of the spectrum, the new Fiesta ST model promises a lively driving experience for the serious enthusiast. Its turbocharged 1.6-litre engine, which is also available in the Fusion, delivers 197 horsepower and 202 pound-feet of torque.

As with the Focus ST, pro-

Design

Ford's stylists have done a major number on the front bodywork. The result is a proboscis that pays tribute to the 2013 Ford Fusion sedan. The open-mouth grille really seems to suit the car and is a significant improvement over the tiny air inlet on the 2013 version.

Transmission

Fiesta's base 1.6-litre four-cylinder engine that produces 120 (hp) and 112 pound-feet of torque. It hooks to a five-speed manual transmission, or optional six-speed automated manual that does away with the torque converter found in conventional automatics. It shifts all by itself, or manually. It's your call.

Technology

The Fiesta was given an improved "Sync" communications/infotainment system with upgraded voice command software, more workable hands-free Bluetooth short-range wireless connectivity and an easier-to-use optional navigation system.



The Fiesta's neat dash proves that design detail doesn't cost any more to execute.

iciency in using a six-speed manual gearbox is a must since it's the only transmission available. Other ST components include a blacked-out honeycomb grille, unique 17-inch wheels (15-inch wheels are standard) and rear spoiler, quicker-ratio steering, larger brakes and a sport-tuned suspension. On the inside, heated sport-style cloth bucket seats are standard, but you can upgrade to Recaro-brand front buckets with leather inserts.

To ensure everyone aboard is aware that all 197 horses are working at full gallop,

the ST's engine sounds are actually piped into the cabin using what's called a "Sound Symposer." The ST is on-the-road-priced at about \$26,500, but add another \$2,500 or so for the Recaro seat option. That's about \$10,800 above the price of a basic Fiesta S sedan, but that should be considered pretty reasonable for a sports hatchback possessing that level of power.

Along with the high-strutting ST, the fun-injected Fiesta lineup for 2014 continues to party on for frugal small-car lovers.

Compare



1 Mitsubishi Mirage
Base price: \$13,500



2 Chevrolet Spark
Base price: \$13,350



3 Fiat 500L
Base price: \$22,500

Horoscopes

Aries

March 21 - April 20

Fame and fortune are yours if you want them but they will cost you. If you are the kind of Aries who values your privacy, you may prefer to find ways to work behind the scenes.

Taurus

April 21 - May 21

Try to be tactful today, especially when dealing with people who get emotional for no reason. The good times are about to begin and the last thing you want is to be drowned in a flood of tears.

Gemini

May 22 - June 21

Even if you are the kind of Gemini who is on the go every moment of the day, you are advised to slow down a bit over the next 24 hours. You can't do it all on your own, so get help with the heavy stuff.

Cancer

June 22 - July 23

Rules are made to be broken and at this time of year, you can break as many as you please. Others may marvel that you get away with so much but you know it is all a matter of style.

Leo

July 24 - Aug. 23

You don't lack for advice, but you must ignore it all and follow your heart. Deep down you already know all the answers. Sit quietly and listen and you'll hear them.

Virgo

Aug. 24 - Sept. 23

Everything that is meant to happen will happen in its own time, so stop worrying and start looking for ways to enjoy life more. Spend as much time with friends as you can today — they'll make you smile.

Libra

Sept. 24 - Oct. 23

It does not matter in the slightest what others think of what you are doing. The only thing that counts is that you get on with it. Some may love, some may hate — but everyone will respect you.

Scorpio

Oct. 24 - Nov. 22

Everything seems to be speeding up, and that's good. Changes will come thick and fast over the next few days but because they are the kind of changes you enjoy, you won't mind in the slightest.

Sagittarius

Nov. 23 - Dec. 21

Facts and figures you were not meant to know about will give you an advantage in business matters today. Who cares how you saw them? It matters only you use them for your benefit.

Capricorn

Dec. 22 - Jan. 20

You have both might and right on your side now and you must use them to further your interests. It may not be a dog eat dog world, as some people claim, but there are still battles to be fought and won.

Aquarius

Jan. 21 - Feb. 19

Try not to take life so seriously. It may annoy you that there is so much injustice in the world but there always has been and there always will be. Do what you can and be happy.

Pisces

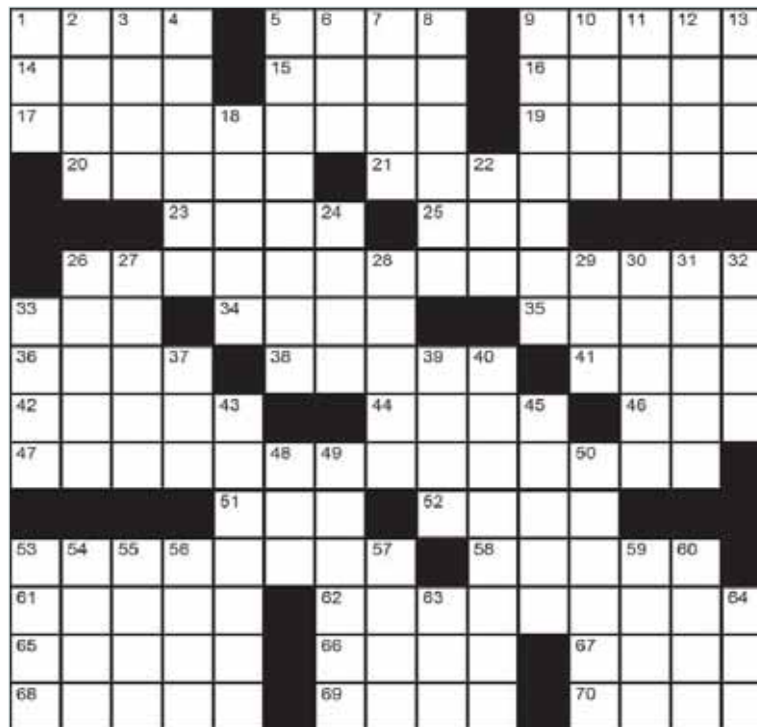
Feb. 20 - March 20

If you feel that your life is beginning to spin out of control then get advice from people you can trust. If nothing else they will calm you down and help you see that things are not really so bad. **SALLY BROMPTON**

Crossword: Canada Across and Down

Across

1. Ms. Amos
5. Bird's flying move
9. Macaroni & Cheese = Dinner
14. Shakespeare's river
15. James (Co-writer of Broadway musical Hair)
16. Viking chieftain of Normandy
17. Celebrity photo takers
19. Bernie's co-songwriter
20. Town just south of Edmonton
21. Address spot
23. Inquires
25. Prof's helpers
26. Born near Brantford, ON in 1912, Mohawk actor who played Tonto on "The Lone Ranger": 2 wds.
33. Lay the grass
34. Burden
35. God in Arabic
36. Ms. Sedgwick
38. Fairy tale name
41. Ballet movement
42. Sewing cases
44. Ancient region of Europe
46. Stop
47. 'Sugar-Free Gum' ...en francais: 3 mots
51. Scientific spot, shortly
52. Prong
53. Track racing vehicle: 2 wds.
58. Chili con



61. Garlic mayonnaise
62. Beach's refreshing wind: 2 wds.
65. Type of comic book artist
66. Fashion designer, Marc
67. Magic spell beginning...
68. Verbally agree,

- 3 wds.
5. Divisive method of gas and oil extraction
6. -Boy (Recliners brand)
7. Carpentry tool, variantly
8. Montreal suburb, -Claire
9. Canadian R&B

Sudoku

How to play

Fill in the grid, so that every row, every column and every 3x3 box contains the digits 1-9. There is no math involved.

Yesterday's Sudoku

8	5	2	1	6	4	9	7	3
6	4	7	9	3	2	5	8	1
1	3	9	7	5	8	4	6	2
9	2	1	4	8	3	7	5	6
3	6	8	5	7	1	2	4	9
4	7	5	2	9	6	3	1	8
7	8	4	3	1	9	6	2	5
5	9	6	8	2	7	1	3	4
2	1	3	6	4	5	8	9	7

6				4				1
	1				5	3	4	
	7		9	6				
	6					9		
3		9				2		5
		4					8	
				2	4			5
	4	1	8				7	
8				3				2

Weather

TODAY

MAX: 21°
MIN: 16°

THURSDAY

MAX: 18°
MIN: 14°

FRIDAY

MAX: 19°
MIN: 13°



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